

# The Newport Navallog

VOL. 106 NO. 32 AUGUST 11, 2006

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.

## Stern instructor



Ron Fontaine/U.S. Navy photo

Retired Master Chief Dave Ellis, center, balances on the transom of a Rhodes 19 sailboat to give instruction to his crew in the Area Four Leadership and Sail Training Academy at the Naval Station Newport Marina this week. The NJROTC cadets graduate today after their two-week boot camp. Story, more pictures, Pages 12-13.



### NACC drills for disaster

The Naval Ambulatory Care Center, Newport, participates in Newport Hospital's disaster drill.

— Page 2



### WWII chaplain remembered

Naval Chaplains School, at graduation ceremonies, dedicates portrait of heroic chaplain from World War II.

—Page 2



### Scavengers welcome here

A 'Welcome to Newport' Scavenger Hunt helps military families learn more about services and activities on NAVSTA.

— Page 7



HM3 Melissa Rieger/NACC Newport photo

A Navy student, with simulated impalement wounds and blood, waits for Newport Fire Department EMTs at the Newport Yachting Center last week during Newport Hospital's disaster drill. The Naval Ambulatory Care Center, Newport, was involved in treating injuries.

## Newport disaster drill includes NACC's role

By JOY CHRISTMAS  
NAVSTA Public Affairs Staff

As part of mission readiness, all medical staff at Naval Health Care New England, Naval Ambulatory Care Center (NACC) Newport undergo decontamination team training to handle a hazardous material (HAZMAT) incident.

Lt. Wendy Walsh, decontamination team training officer at NACC, said the training demonstrates the time it takes to set up equipment, and practices the procedures to receive and process victims. But just as important is the ability to work as a team.

That training and team concept were put to the test on Aug. 2 when Newport Hospital organized a surprise disaster drill that includes NACC.

In the scenario, Newport fire and rescue units responded to an explosion at a public waterfront festival at the Newport Yachting Center.

Peggy O'Keefe, public information officer at Newport Hospital, said

the explosion killed one person and injured 30. Six victims were in critical ("red") condition, and the rest ("yellow") had minor injuries. About 15 "walking wounded" were sent to NACC for triage and decontamination drills.

The Fire Department is always the first responder,"



Ron Fontaine/U.S. Navy photo

Ray Roberge, right, of Industrial Hygiene, demonstrates the Ambient Air Analyzer on Dee Bates, Occupational Health nurse practitioner, which analyzes chemicals in a toxic or hazardous material spill or explosion.

said Lt. Walsh. "We serve as a secondary decontamination site in medical support of Newport Hospital during a HAZMAT incident and receive ambulatory casualties and provide secondary decontamination procedures prior to medical aid."

The NACC rehearsal started outdoors with four training stations to simulate actual decontamination units. Instructors conduct training in the environment, giving personnel a feel of how the unit will look and operate.

At Station 1, personnel learn to safely dress and undress in protective gear consisting of full hooded decontamination suits, gloves, boots and mask with voice transmitter, all sealed with chemical tape. Suits are selected according to how aggressive the chemical is. When in doubt the most resistant suit is used.

The team practiced communicating with team members in the suits using megaphones, signs and hand signals.

Station 2, Equipment/Tent  
**DISASTER, Page 10**

## Chaplains School dedicates portrait

Graduation, retirement included in ceremonies

By RICHARD ALEXANDER  
Navalog editor

The Naval Chaplains School, under Officer Training Command-Newport, graduated Class B06030 and dedicated a portrait of World War II hero, Chaplain (Capt.) Joseph O'Callahan, yesterday in ceremonies in Building 1112, Naval Station (NAVSTA) Newport.

Welcoming remarks were given by Chaplain (Capt.) Tierian Cash, Director, Naval Chaplains School, followed by the presentation of the portrait which will hang in Brett Hall, NAVSTA.

Guest speaker for the graduation was Chaplain (Cmdr.) Mark A. Jumper, the Special Projects Officer for command establishment, staff organization, and curricula development, who later retired in the ceremony. Guest speaker was Chaplain (Capt.) James R. Fisher, Director for Operational Ministries, Navy Chaplain Corps.

Chaplain O'Callahan, known as the "hero chaplain," received

the Congressional Medal of Honor from President Truman in 1946 for bravery and valor aboard the stricken aircraft carrier USS Franklin in March 1945.

After a Japanese attack, O'Callahan led frightened junior

**CHAPLAINS, Page 20**

## WWII vets to observe Victory Day

The United Veterans Council of Newport County will sponsor Victory Day ceremonies on Monday, Aug. 14, at noon on the lawn of Newport City Hall.

The ceremony marks the end of hostilities with Japan in the Pacific Theater in August 1945. Japan officially surrendered in September 1945.

As in past years, the Newport Artillery Co., veterans organizations of Newport County, the Rogers High School Army Junior ROTC, clergy, city and legislative officials, as well as local residents will participate and attend the observance.

The speaker will be Army Maj. Ronald Tammam, R. I. National Guard.

Maj. Tammam, with 22 years military service, is the training administrator and executive officer for the 243rd Regiment,

**VICTORY DAY, Page 10**



O'Callahan

## Navalog

Capt. Todd W. Malloy

Commanding Officer, Naval Station Newport

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Ron Fontaine/U.S. Navy photo

**HOME, SWEET HOME** —Three George Arpin & Sons moving vans line up on Cimarron Court, Melville, last month outside brand new quarters for senior officers. The GMH military family housing neighborhood at the former Trailer Park in Melville features seven homes with four and five bedrooms each. Four are occupied.

## NACC rallies team to handle diabetes

By **SUSIE STEVENS**  
NHCNE Public Affairs Officer

The Health Promotion Department at the Naval Health Care New England (NHCNE) Naval Ambulatory Care Center (NACC), Newport recently held its first Diabetes Symposium for TRICARE patients living with diabetes.

The Health Promotion Department staff and a handful of guest speakers covered the latest research recommendations in diabetes management. Those who attended participated in meal planning and received guidance on proper nutrition, exercise and stress management.

The symposium emphasized that a diagnosis of diabetes does not necessarily mean a shorter lifespan. The second message was that the power to handle diabetes comes from within.

Health Promotion and the staff at NACC can be powerful allies and partners in successful diabetes disease management. Lastly, optimal diabetes control leads to optimal quality of life.

Because diabetes has an impact on the person as a whole, the symposium featured speakers from specialties such as optometry, podiatry, physical therapy,

internal medicine and dental. Each described the affect diabetes can have on systems and emphasized the importance of annual exams to prevent long-term complications.

For example, diabetes is the leading cause of blindness for people age 20 to 74. "One of people's worst fears is that he or she may go blind," said optometrist Lt. Cmdr. (Dr.) Fred Kelly.

Annual dilated eye exams are essential for early diagnosis and treatment.

Diabetes is a chronic progressive disease that has no cure. However, following a healthy meal plan and exercising regularly is important. Persons with diabetes will need to be more diligent and may need to monitor blood glucose levels and take certain medications. But, with good control, life can be just as fulfilling and rewarding, doctors say.

Health Promotion is working to identify the pre-diabetic population. These are individuals who have blood sugar levels that are elevated but not high enough for a diagnosis of diabetes.

"The exciting news for those with pre-diabetes is that we can delay the onset of diabetes by replacing poor habits with new **DIABETES, Page 20**

## Choristers to welcome new voices for season

The Newport Navy Choristers are seeking new members in all voice ranges for the 2006-2007 music season.

The choral group performs concerts throughout the year to benefit local charitable organizations. Since its founding in 1953, the Choristers have raised more than \$350,000 for area groups.

The Choristers perform five times a year in the Newport area and Fall River, Mass.

Membership is open to active duty, reserve and retired military personnel, civilian employees of local military commands and family mem-

bers 16 years or older. There are no auditions for the main chorus, and the ability to read music is not required to join. Experience, while helpful, is not required.

The Choristers meet Tuesdays at 6:15 p.m. in the Quinn Lecture Room at the Naval War College. The first rehearsal of the new season will be Sept 5.

For additional information, please contact musical director JoAnn Loewenthal at 423-3523, group chairman, Steve Larson, 847-4256, or visit the Choristers website at [www.newportnavychoristers.com](http://www.newportnavychoristers.com)

## War College Foundation names trustees' president

Retired Navy Rear Adm. Glenn E. Whisler, a Newport resident, was elected president of the board of trustees of the U.S. Navy War College Foundation at its recent annual members meeting.

A native of Morgantown, W. Va., and a graduate of West Virginia University. He holds a master's degree from the University of Rhode Island and is a graduate of the Naval War College.

Whisler's naval career spans 27 years with four at-sea commands, including commander Amphibious Group Two and commander of NATO's Amphibious Striking Force.

Ashore he served on the staff of the Chief of Naval Personnel, Chief of Naval Operations,

Secretary of the Navy and Supreme Allied Commander, Atlantic.

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Master-at-Arms 1st Class Jeff Shotwell, right, accepts his Navy/Marine Corps Achievement Medal from Cmdr. Stephen Burke, Executive Officer, Naval Station Newport, to lead off an hands ceremony last week at Building 1112.

Ron Fontaine/U.S. Navy photo

## Send us your BZ

The Newport Navalog has introduced a regular feature in this paper, The Bravo Zulu of the Week. We're looking for commands, military families, departments and Sailors/Marines to contribute to this piece.

If you have a photo and information about someone in your command or military family doing something that merits a "BZ," submit it to the editor: [richard.k.alexander1@navy.mil](mailto:richard.k.alexander1@navy.mil).

Please include a phone number.

### Navy-Marine Corps Achievement

MA1 Jeffery Shotwell, Naval Station Newport Security Department, from Commanding Officer, Naval Station Newport, Aug. 2, 2006

### Letter of Commendation

MA2 Phillip Otto, Naval Station Newport Security Department, from Commander, Navy Region Northeast, Aug. 2, 2006

### Good Conduct Medal

MA3 Emily Polley, Naval Station Newport Security Department, first award, Aug. 2, 2006

MA3 Bradley Houghlum, Naval Station Newport Security Department, first award, Aug. 2, 2006

# Women engineers commend efforts by NUWC executive

By DAVID SANDERS  
NUWC Public Affairs Officer

Donald Aker of Portsmouth, the technical operations manager at the Naval Undersea Warfare Center (NUWC) Division Newport, has been selected to receive the Society of Women Engineers' (SWE) Rodney D. Chipp Memorial Award.



Aker

The award recognizes an individual who has contributed significantly to the acceptance and advancement of women in the field of engineering. Achievements that merit this recognition include increased hiring or promotion of women engineers, fostering an environment supportive of women engineers, or similar efforts in the advancement of women in technical fields.

During his 20-year career with NUWC Division Newport, Mr. Aker has been a staunch advocate of programs and activities such as training, mentoring, supervisory development, and family friendly policies that have provided greater career opportunities and enhanced retention of female employees.

He has led the efforts to increase career opportunities

for female scientists and engineers at all levels of the NUWC Division Newport, which have created and sustained an organizational culture that fully embraces equality and diversity.

Aker will receive the Rodney D. Chipp Memorial Award at the awards banquet of the National SWE Conference in early October in Kansas City, Mo.

In his current position, Aker is responsible for providing strategic and tactical direction and leadership to accomplish NUWC Newport's technical mission and tasking. Along with the Commander, he is accountable for all technical, business, and financial aspects of the command's operation, and is responsible for the Division's leadership and management teams.

Throughout his career at NUWC Division Newport, Aker has received a number of prestigious awards, including the Navy Meritorious Civilian Service Award.

Aker earned a bachelor of science degree in computer science from Indiana University in 1983 and a master of science degree in computer science from Rensselaer Polytechnic Institute in 1986.

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# Chaplains School director to address OIS graduates

By JOY CHRISTMAS  
NAVSTA Public Affairs Staff

Officer Training Command Newport (OTC-N) will hold graduation ceremonies today for Officer Indoctrination School (OIS) Class 06070 at Naval Station Newport. The ceremony, inclusive of a traditional pass in review, will begin on Nimitz Field at 9 a.m.

Capt. Tierian Cash, CHC, Director, Naval Chaplains School, will serve as reviewing officer and guest speaker.

The 107 newly commissioned officers in the Medical Corps (MC), Medical Service Corps (MSC), Nurse Corps (NC), Judge Advocate General Corps (JAGC), Dental Corps (DC) and nuclear power field, completed five weeks of intense naval indoctrination.

The curriculum included military bearing and appearance, naval law, naval history, career development, physical

readiness, damage control, personnel administration, Navy policies and personal excellence. Additionally, students participate in the one-week Division Officer Leadership Course that prepares the officers for their responsibilities as naval leaders.

OIS Class 06070 and ultimate duty assignments follow:

Lt. James P. Alderete II, DC, Naval Hospital Training, Camp Pendleton, Calif.

Ensign B. M. Alford, NC, Naval Hospital Pensacola, Field Hospital Detachment, Pensacola, Fla.

Ensign N.R. Aman, NC, Naval Medical Center, San Diego, Calif.

Lt. Raoul Archambault, MSC, Naval Hospital, Twenty-nine Palms, Calif.

Lt. Ana L. Avalos, DC, Naval Dental Center SouthWest, San Diego, Calif.

Ensign M. C. Avants, MSC, Naval Hospital, San Diego,

Calif.

Ensign D.R. Bellknap, NC, Naval Medical Center, San Diego, Calif.

Lt. j.g. Carl R. Blaesing, MSC, Naval Hospital, Beau, Beaumont, S.C.

Ensign Jennifer A. Boyer, NC, Naval Hospital, Jacksonville, Fla.

Ensign Sara M. Brown, NC, National Naval Medical Center, Bethesda Comfort Detachment, Bethesda, Md.

Ensign Era P. Burrows, NC, Naval Medical Center, Portsmouth, Va.

Lt. j.g. James E. Caballero, MSC, Naval Hospital, Bremerton, Wash.

Ensign Robert C. Call, MC, University of Washington School of Medicine, Seattle, Wash.

Ensign Jason R. Carmichael, NC, National Naval Medical Center, Beth Comfort Detachment, Bethesda, Md.

Ensign Jeffrey M. Carness,

MC, University of Texas, Medical Branch, Galveston, Texas

Lt. David A. Carrouth, MC, Naval Hospital, Camp Lejeune, NC

Lt. Jerome V. Cerdan, DC, 3rd Dental Company, Okinawa Camp, Japan

Ensign Allen D. Chang, MC, Albert Einstein College of Medicine, New York, N.Y.

Ensign Kendrick T. Clack, NC, Naval Medical Center, San Diego, Calif.

Lt. Sabrina J. Cooley, MC, 1st Marine Division Pacific, Camp Pendleton, Calif.

Ensign Rachel A. Cousins, NC, Naval Hospital, Camp Lejeune, N.C.

Ensign Diron T. Cundiff, NC, National Naval Medical Center, Beth Comfort Detachment, Bethesda, Md.

Ensign Jennifer L. Cunningham, MC, Eastern Virginia Medical School, Norfolk, Va.

Lt. James R. David, II, MSC, Branch Medical Clinic, NAS

Oceana, Virginia Beach, Va.

Ensign Anthony J. De Mesa, NC, Naval Medical Center, San Diego, Calif.

Lt. Andrew P. Doan, MC, Naval Medical Center, San Diego, Calif.

Ensign Brian P. Drzewiecki, NC, Naval Medical Center, San Diego, Calif.

Ensign Nicholas S. Durocher, MC, New York University School of Medicine, New York, N.Y.

Ensign Erin M. Eickhoff, NC, Naval Medical Center, San Diego, Calif.

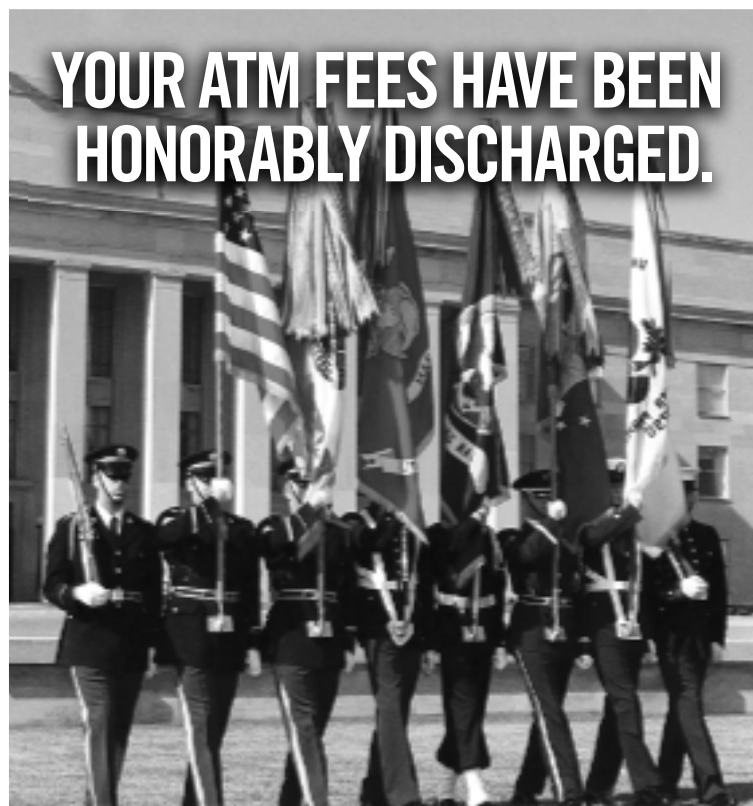
Ensign Kristin E. Ellis, NC, Naval Medical Center, PORTS, CRTS 2 AUG, Portsmouth, Va.

Ensign David B. England II, MSC, Disease Vector Ecology and Control Center, Jacksonville, Fla.

Ensign Brandi A. Epperson, NC, National Naval Medical Center, Bethesda, Md.

Lt. Lewis J. Fermaglich, MC,

OIS GRADUATES, Page 19



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## What's going on

### War veterans to recognize Victory Day

The United Veterans Council of Newport County will sponsor Victory Day ceremonies on Monday, Aug. 14, at noon on the lawn at Newport City Hall.

Maj. Ronald Tammaro, R.I. National Guard, and training administrator and executive officer of the Rhode Island Training Institute, will be the guest speaker.

The ceremony marks the end of hostilities with Japan in the Pacific Theater in August 1945. Japan officially surrendered in September.

The Newport Artillery Co., various veterans organizations, the Rogers High School Army Junior ROTC, clergy, city and legislative officials, and local area townspeople will participate and attend the observance.

Containers will be available at the ceremony to deposit worn/faded/unserviceable U.S. flags, which will be retired and properly disposed of at an appropriate flag retirement ceremony at a later date.

#### TODAY, Aug. 11

• Rhode Island International Film Festival continues through Aug. 13, various venues in Providence. Features film screenings, forums, lifetime achievement award ceremony and other special events. Visit [www.rifilmfest.org](http://www.rifilmfest.org)

• Pawtucket Red Sox, AAA affiliate of the Boston Red Sox, vs. Syracuse SkyChiefs, McCoy Stadium, 7 p.m.

• Newport Playhouse and Cabaret Restaurant production, *Beau Jest*, begins through Sept. 10, 11 a.m. and 6 p.m., Connell Highway, Newport. Visit [www.newportplayhouse.com](http://www.newportplayhouse.com)

• USS Saratoga Museum and Store open 10 a.m. to 6 p.m., Tuesday through Saturday, 6854 Post Road, North Kingstown. Display of models, paintings, photos, uniforms and ship memorabilia.

• Soup Kitchen, 8:30 a.m., Dr. Martin Luther King Jr. Center, Dr. Marcus Wheatland Boulevard, Newport; Salvation Army, Memorial Boulevard, 5 to 5:45 p.m.

#### SATURDAY, Aug. 12

• The JVC Newport Jazz Festival, Fort Adams State Park, Saturday and Sunday, 11:30 a.m. to 7 p.m. Visit [www.festivalproductions.net](http://www.festivalproductions.net) for more information.

• WaterFire, 7:51 p.m., Providence. A series of 100 bonfires that blaze just above surface of the three rivers that pass through the middle of downtown Providence. Also, Aug. 26, 7:30 p.m.; Sept. 2, 7:19 p.m.; Sept. 9, 7:07 p.m.

• Sovereign Plaza Ballroom 2006 continues with Salsa dance, intersection of Westminster and Weybosset Streets. Series of free dance lessons from 7 to 8 p.m., with music and dancing from 8 p.m. to midnight. Aug. 26, Swing dance.

• Newport International Polo Series continues, 5 p.m., through Sept. 30, Glen Farm Polo Grounds, 715 East Main Road, Portsmouth. United States competes against equine polo teams from around the globe. Visit [www.newportinternationalpolo.com](http://www.newportinternationalpolo.com) for more information.

• Russian Submarine Museum Juliett open to visitors, 10 a.m. to 5 p.m., 484 Collier Point Park, Providence. For more information, visit [www.saratogamuseum.org](http://www.saratogamuseum.org) Also, Sunday, 10 a.m. to 5 p.m.

• Soup Kitchen, 4:30 p.m., Community Baptist Church, Dr. Marcus Wheatland Boulevard, Newport.

#### SUNDAY, Aug. 13

## This week in naval history



U.S. Navy archives photo

About Aug. 9, 1942, the battle of Savo Island got underway. A Japanese cruiser force under the command of Adm. Gunichi Mikawa decisively defeated two allied warship forces, sinking the USS Astoria, USS Vincennes and USS Quincy, plus the Australian heavy cruiser HMAS Canberra while taking only moderate damage in return. This was the first of many naval engagements to take place in the struggle to control the waters around Guadalcanal. The image above shows the USS Quincy illuminated by Japanese search lights in the opening moments of the battle.

• Chapel of Hope worship services:

— Protestant service, 8 and 10:30 a.m.

— Catholic mass, 9 a.m. and noon.

• Morning Bird Walk, 8 a.m., Norman Bird Sanctuary, 583 Third Beach Road, Middletown. Free. Call 846-2577 for more information.

• Soup Kitchen, Salvation Army, Memorial Boulevard, Newport, 4 to 4:45 p.m. Military volunteers welcome.

• Weekly sailboat/powerboat qualification classes, through Sept. 18, Navy Sailing Center at Morale, Welfare and Recreation Marina. Call 841-3283 for more information.

• Soup Kitchen, 8:30 a.m., Dr. Martin Luther King Jr. Center, Dr. Marcus Wheatland Boulevard, Newport; 11:30 a.m., St. Joseph's Church, Broadway, Newport.

#### TUESDAY, Aug. 15

• Rhode Island Blood Center Blood Drive, Spruance Lobby area, Naval War College, 10 a.m. to 2 p.m.

• Kaleidoscope Theatre: Rapunzel, 11 a.m., Robert's Hall Auditorium, Rhode Island College, Mount Pleasant Avenue, Providence. Visit [www.kaleidoscopetheatre.com](http://www.kaleidoscopetheatre.com)

• Family Night Concert Series, 6 p.m., Easton's Beach, Memorial Boulevard, Newport. Free and open to the public.

• Soup Kitchen, 8:30 a.m., Dr. Martin Luther King Jr. Center, Dr. Marcus

Wheatland Boulevard, Newport.

#### WEDNESDAY, Aug. 16

• 40th annual Washington County Fair begins through Aug. 20, Washington County Fairgrounds, Route 112, Richmond.

#### THURSDAY, Aug. 17

• Newport Public Library Bookmobile visits Reliance Row, 3 to 3:30 p.m.; Enterprise Court, 3:30 to 4 p.m. For more information, call 847-8720, extension 115.

• Soup Kitchen, 8:30 a.m., Dr. Martin Luther King Jr. Center, Dr. Marcus Wheatland Boulevard, Newport.

#### Upcoming:

Aug. 21 – Fleet and Family Service Center "Welcome to Newport" Scavenger Hunt begins through Aug. 25. Fun activity designed for participants to get essential information about services and activities available on the base.

## THE RHINO BAR AND GRILLE

**WEDNESDAY 8/19**  
"Acoustic Outlaws" 9-12

**THURSDAY 8/10 REGGAE NIGHT**  
"Hot Like Fire" 10 p.m.-1 a.m.

**FRIDAY 8/11**  
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# Scavenger hunt to educate Navy families about NAVSTA

The "Welcome to Newport" Scavenger Hunt is scheduled for the week of Aug. 21 to 25. Sponsored by the Support Services Committee, the week-long event is designed to be an active and fun way for participants to get essential information about services and activities available at Naval Station Newport.

Participants will be provided base and community maps to various hunt sites to obtain a list of pre-determined items.

Once the items have been obtained, (anticipated to take no longer than four hours) participants will return to the Fleet and Family Support Center FFSC, have their items checked, and receive a ticket that he or she can use to enter into a drawing to win one of several donated prizes.

Some examples of prizes include a free night's stay at the Navy Lodge; four tickets to Six Flags New England and Jane Pickens Theater; lobster night



for four at the Officers' Club; one week of hourly child care (ages 0 to 5) or one season of a Child and Youth Program sport program; four round-trip passes on the Providence to Newport Ferry and more.

For registration and instructions, participants can visit one of the following participat-

ing committee member sites: Fleet and Family Support Center; Chapel of Hope; Navy Lodge; Information, Tickets and Travel; Officers' Club; Commissary Store; Child and Youth Programs; and Navy Exchange.

For more information, call 841-2283.

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## Fleet and Family Support Center

# Workshop provides basics for our family ombudsmen

The Navy family ombudsman is a critical communication link between the commanding officer and family members.

A workshop, Navy Family Ombudsman Basic Training, from Aug. 14 to 17 at the Fleet and Family Support Center, provides the basic knowledge and tools necessary to be an effective representative of the command and an advocate for family members. For more information or to register, call the Fleet and Family Support Center at 841-2283.

**Land a federal job** — The Fleet and Family Support Center is offering this program on Aug. 16, from 11:30 a.m. to 1 p.m. Participants will learn more about the federal employment process, including analyzing and responding to vacancy announcements, developing knowledge, skills and abilities statements, reviewing the application form, and identifying items to include in a federal resume.

Registration is required and may be made by calling 841-2283.

**Learn fundamentals of investment** — A beginner's class on investing, this class is being offered at the Fleet and Family Support Center on Tuesday, Sept. 5, from 11:30 a.m. to 1 p.m.

Learn about stocks, bonds, mutual funds, and annuities and how they can work for you. For additional information or to register, call the Fleet and Family Support Center at 841-2283.

**Mind your own business** — The Fleet and Family Support Center is conducting a workshop on Starting Your Own Business on Wednesday, Sept. 6, from 11:30 a.m. to 1 p.m. Participants will hear what it takes to open and run their own business.

Advantages and disadvantages of running your own business will be addressed, as well as the steps needed for identifying the types of business to establish and financial resources to do so.

Registration is required. Call 841-2283.

**Manage that stress** — The Stress Management workshop is scheduled for Thursday, Sept. 7, 14 or 21, from 2:30 to 3:30 p.m., at the Fleet and Family Support Center.

If you sometimes have problems coping with day-to-day situations, or just need some relief from stress on the job or at home, then this workshop is for you.

Learn how to assess your stress level, increase stress relief skills to avoid burnout, and learn how to regain control of stressful situations.

**Understand your credit report** — A representative

from the Navy Federal Credit Union will be at the Fleet and Family Support Center on Tuesday, Sept. 19, from 11:30 a.m. to 1 p.m., to discuss information on credit reports.

Credit reports are used not only by banks, loan companies, and credit card companies, but also by rental property agencies, potential employers, and can be part of a job security clearance process. Bring a copy of your credit report, available at [www.annualcreditreport.com](http://www.annualcreditreport.com), to the class and find out how to read the report.



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## NWC Museum offers programs for public

The Naval War College Museum on Coasters' Harbor Island is expanding the programs it offers to the public.

The museum features an array of naval artifacts and historical information. Museum officials are arranging a lecture series, which will feature authors of newly released publications.

Curator Bob Cembrola said the museum is also looking for people interested in intern-

ships and docent positions. Internships are available in many areas including, but not limited to, education, research, website design and public relations.

The museum is open Monday through Friday from 10 a.m. to 4 p.m. It also is open weekends June through September from noon to 4 p.m.

Admission is free.

For more information, call 841-4052.

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## Announcements

### Gate 4 reopens Monday

Gate 4 on Coddington Highway will reopen for normal operations on Monday, Aug. 14, Andrew "Chip" Fales, Security Director, announced Wednesday.

The span was closed after deck planking in the timber bridge gave way last month. The state Department of Transportation owns the bridge and completed repairs recently.

Gate 2 will reopen on Monday, Aug., 21, weekdays, but only during peak periods. It will be open Monday through Friday, from 6:30 to 8 a.m., 11:30 a.m. to 1 p.m. and 3:30 to 5 p.m.

The hours may change according to operational events.

Fales also said a traffic post will be stationed inside Gate 1 at Perry Road weekdays between 6:30 and 8:30 a.m. and 3:30 and 5:30 p.m. to direct commuter traffic accordingly, he said.

Sept. 7, Donor coach at Science Applications International Corp, Third Street, Newport, 8 to 11 a.m.

Sept. 19, Capt. Howard Kay Hall, Officer Training Command-Newport; 2:30 to 6:30 p.m.

Sept. 27, Arleigh Burke Hall, Surface Warfare Officers School Command, 10 a.m. to 2 p.m.

### Newport Commissary extends store hours

The Newport Commissary, to better serve the military and retired community, will extend its hours of operation beginning Aug. 20, Commissary store director Richard Nornhold has announced.

The hours are:

Sunday, 10 a.m. to 5 p.m.

Monday, closed

Tuesday to Friday, 9 a.m. to 7 p.m.

Saturday, 9 a.m. to 6 p.m.

Handicap patrons may enter 30 minutes prior to opening of the Commissary.

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### Blood drives scheduled

The Rhode Island Blood Center has scheduled a series of blood drives at Naval Station Newport in August and September.

Summer is the time of year for highest demand for blood, but unfortunately the lowest supply, the Blood Center said. For more information, contact Sarah Perez, account manager, at (401) 621-0155.

The dates are:

Aug. 15, Spruance Hall lobby, Naval War College, 10 a.m. to 2 p.m.

Aug. 21, Building 80, Naval Undersea Warfare Center Division, Newport, 9 a.m. to 4 p.m.

Sept. 5, Command Conference Room, second deck, Naval Health Care New England (NHCNE) Naval Ambulatory Care Center (NACC), noon to 4 p.m.

Sept. 6, Donor coach at Morale, Welfare and Recreation Dept. Health and Wellness Fair, Gym 109, 11 a.m. to 1:30 p.m.

### Tobacco cessation class held Saturdays in August

In order to meet the needs of our military community, the Health Promotion Department is offering a Saturday morning Tobacco Cessation Program this month, Lisa A. DiMaria, the department co-director said.

The class will run until Aug. 26, from 9 to 10 a.m.

The Tobacco Cessation Program is also offered monthly on Thursdays at noon.

If interested in attending please call the Health Promotion Department at 841-6777.

### CPO-selectees muster

The new fiscal 2007 chief petty officer (CPO) selectees will hold a combination garage sale, barbecue and car wash, tomorrow from 8 a.m. to 3 p.m. The activities will be held on Semmes Street in the Coddington Cove House area.

### Sesame Street helps kids cope with deployment

Military Child Education Coalition (MCEC), has collaborated on a new project, *Talk, Listen, Connect*, to help military children cope with the feelings, challenges and concerns of deployments.

The bilingual kits, which include a *Sesame Street* DVD, a parent/caregiver magazine and children's activity poster, addresses issues related to pre-deployment, deployment and homecoming.

Distribution of the kits are being provided free of charge through Military OneSource. To request a copy of the kit or download all the materials, see [www.sesameworkshop.org/tlc](http://www.sesameworkshop.org/tlc)



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# Disaster

Continued from Page 2



Ron Fontaine/U.S. Navy photos

**Hospital Corpsman 1st Class Thomas Lorenc, right, and other Naval Ambulatory Care Center, Newport, enlisted practice cutting contaminated clothing off a patient in a prelude to Newport Hospital's area disaster drill on Aug. 2 at the Newport Yachting Center. 'Non-ambulatory' victims were transported to NACC.**

Set-up, introduced team members to the type of equipment used, including the set up of the decontamination tents.

Procedures for decontamination were covered at Station 3. Team members were briefed on procedures to calm victims, secure valuables and remove contaminated clothing, and assist victims with cleansing procedures inside the tent.

At Station 4, team members were given an overview of the types and use of chemical detection equipment, using the new ambient air analyzer, recently purchased by the NACC Industrial Hygiene Department.

Lt. Walsh said a six-man leadership team was used within the DECON Team and helped enhance communications and lead more effectively.

"I feel confident that in the event of an actual HAZMAT/WMD (weapons of mass destruction) incident, the NACC Newport DECON Team would respond with efficiency and could get the job at hand done," she said.



HM3 Melissa Rieger/NACC Newport photo

**MSC TURNS 59 -- Naval Ambulatory Care Center, Newport, observes the 59th anniversary of the Medical Service Corps (MSC) with a cake cutting last Friday in Building 23. Sharing honors are the senior MSC officer, retired Lt. Cmdr. Dave Krieger, left, Naval Health Care New England's performance improvement/risk program manager; and the youngest MSC officer, Lt. Justin Eubanks, NACC Newport Pharmacy storefront manager. The clinic staff watches at far left.**

# Victory Day

Continued from Page 2

Regional Training Institute for the Rhode Island Army National Guard.

Tammaro was mobilized in support of Operation Noble Eagle from October 2001 through October 2002. He holds

business degrees from the University of Rhode Island and Bryant University. He lives in Little Compton with his wife Cheryl, son, Jonathan and daughters, Jessica and Jasmine.

The Rev. Wayne Ickes, pastor, of the Evangelical Friends Church of Newport, will give the invocation and benediction prayers.

Containers will be available at the

ceremony for the deposit of worn/faded/unserviceable U.S. flags. These flags will be retired and properly disposed of at an appropriate flag retirement ceremony later.

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## Navy-wide news

### Navy chief dives to record 2,000 ft.

MV KELLIE CHOUEST, At Sea (NNS) — A Navy diver submerged 2,000 feet, setting a record using the new Atmospheric Diving System (ADS) suit, off the coast of La Jolla, Calif., Aug. 1.

Chief Navy Diver (DSW/SS) Daniel P. Jackson of Navy Reserve Deep Submergence Unit (DSU) was randomly selected to certify the ADS suit for use by the Navy.

"I feel like the luckiest guy in the world," said Jackson. "I am honored and privileged to be the first diver to go down to that depth."

The certification was the culmination of 11 years of planning, designing and testing by multiple agencies to develop the ADS suit, also known as the Hardsuit 2000.

"This is the biggest piece of teamwork that I have ever seen in the Navy," said Cmdr. Keith W. Lehnhardt, the officer in charge of the project.

Lehnhardt said the project was a collaboration of so many different organizations, such as DSU, Submarine Squadron 5 and Diving Systems Support Detachment.

Jackson said, "I was just a guy tied to a rope. It was the ADS team that made

it all possible. They were incredible."

Developed by OceanWorks International from Vancouver, British Columbia, the Hardsuit 2000 was designed to withstand underwater pressure at 2,000 feet.

Current models have only been able to go down as far as 1,200 feet.

"The suit worked incredibly," said Jackson. "It did everything it was intended to do. I always heard that around 1,300 feet, the joints of the Hardsuit 2000 would work even better, and it worked exactly the way they said it would."

Meeting the Navy's high safety requirements, the ADS suit was designed and acquired by the Navy to support submarine rescue.

"Its specific purpose is to be part of the advance assessment system during a submarine rescue operation," said Lehnhardt. "The diver in the suit will see what the damage to the sub is and find out where the survivors might be."

"At 2,000 feet, I had topside turn off all the lights, and it was like a star show. The phosphorescence that was naturally in the water and in most of the sea life down there started to glow," Jackson said. "When I started to travel back up, all the lights looked like a shower of

stars going down as I was coming up. It was the best ride in the world."

For more news from around the fleet, visit [www.navy.mil](http://www.navy.mil)

### Smoke-Free Families monitors pregnancies

SAN DIEGO (NNS)—Naval Medical Center San Diego (NMCS) is participating in a program initiated by The Partnership for Smoke-Free Families (PSF) to reduce tobacco use and smoke exposure to pregnant mothers.

PSF created a survey taken by all pregnant women that details their smoking habits or exposure to tobacco smoke.

"The survey is non-threatening, and it is an excellent and necessary line of simple questioning that we now incorporate in every prenatal screen," said Lt. Cmdr. Stacia L. Fridley, division officer for NMCS Obstetrics/Gynecology (OB/GYN) clinic. "After we assess the patient's responses, we can accurately devise a smoking cessation plan to protect the mother and the unborn child from any harmful exposure."

Hospital corpsmen and nurses are responsible for administering the survey to all of the patients.

"The information on the survey has

to be shared consistently at all levels of care," said Hospital Corpsman 1st Class Eugene Cochioa. "From the bottom to the top, we are a support system for those who need to immediately rid themselves of unnecessary risks."

PSF has been working with all three branches of NMCS OB/GYN clinics since the fall of 2002 when the program was first adopted by naval medicine.

"We have had a lot of success on the civilian side of the program, so we decided to present our survey to the Navy hoping they could also benefit," said Jill Webber, recruitment coordinator for PSF. "The continued positive feedback from the medical staff, as well as patients in regard to the survey, makes us at PSF proud to promote good health within the naval community."

NMCS OB/GYN clinics see more than 7,000 patients per month, making it one of the busiest outpatient clinics in the nation.

The PSF is also partners with California's Smoker Helpline, which provides free telephone counseling to pregnant women and new parents who smoke.

To contact the helpline call 1-877-866-2229. For more news from around the fleet, visit [www.navy.mil](http://www.navy.mil)

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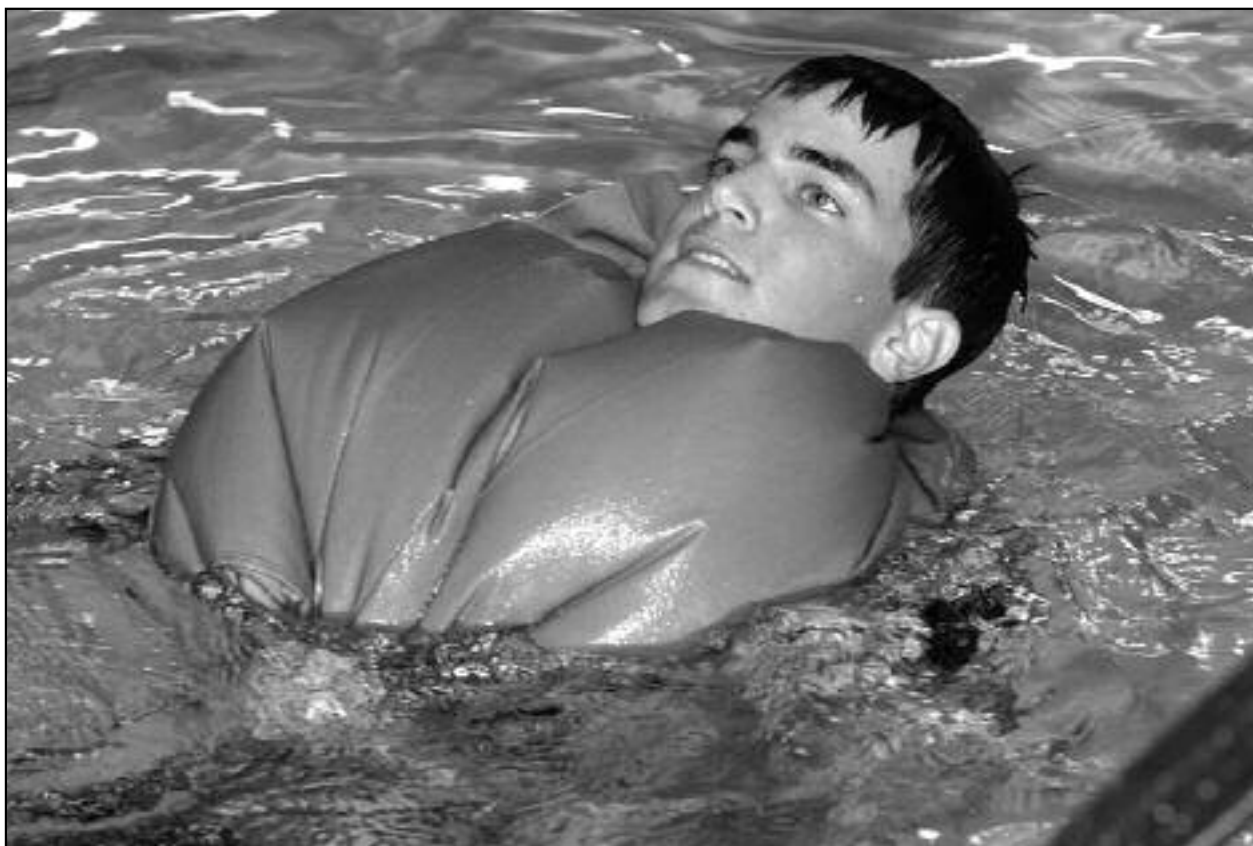
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Ron Fontaine/U.S.  
Navy photos



**LEFT:** Green Platoon practices drill formation on Nimitz Field, Naval Station Newport, in preparation for competition this week against the Gold, Blue and Gray Platoons.

**RIGHT:** NJROTC Cadet Michael Rementer of Seaford High School in Delaware inflates his trousers to create a life jacket for drownproofing training in Pool 307. The training is part of the annual two-week Area Four Leadership and Sail Training Academy.



## NJROTC cadets taste leadership

**By RICHARD ALEXANDER**  
Navalog editor

The teenagers in Green Platoon, Area Four Leadership and Sail Training Academy, fell in for drill in the shade of King Hall, Naval Station Newport, as temperatures pushed into the high 90s last week. They had stripped off their sneakers and socks, and placed them near their water bottles.

Standing out in the blazing sun with their backs to Narra-

gansett Bay, a retired Marine led the class in Command Voice — the techniques and oral instructions to control military marching units. But by mid-afternoon, a “black flag” extreme temperature warning, based on the heat stress index, was raised at Officer Training Command-Newport, and all organized PT was curtailed.

After enduring the hottest weather so far this summer, 143 Naval Reserve Officer

**AREA FOUR, Page 13**



**Retired Marine Corps Maj. Frank Zink, center, shows Gray Platoon cadets how to tie a bowline at the Morale Welfare and Recreation Department Sailing Center at the Naval Station Newport Marina.**





Cadet Kyle Morgan of Manchester West High School in New Hampshire listens in leadership class on 'Providing Effective Feedback to Subordinates and Seniors' in Building 1112.



An Area Four Leadership Academy alumni aide, right, helps a cadet, center, secure a broken water line in the Buttercup wet trainer, Building 403.



Retired Master Sgt. Tom Willard, left, gives orders at NJROTC cadet Samuel Brent of Rancocas Valley High School in New Jersey during command drill training behind King Hall last week.



Lt. Cmdr. Mark Dwinells, top right, director of sailing for the Area Four Leadership and Sail Training Academy, gives a Rhodes 19 crew instruction in sail rigging at the MWR Sailing Center at the Naval Station Newport Marina.

## Area Four

Continued from Page 12

Training Corps (NJROTC) cadets in Green, Blue, Gray and Gold platoons will graduate this morning from the academy.

The two-week Navy boot camp culminates with ceremonies in Capt. Howard Kay Hall or, weather permitting, on Nimitz Field at 11 a.m. Guest speaker is Capt. Todd Malloy, Commanding Officer, Naval Station Newport.

The high school students, ages 16 to 18, attended classes in leadership, military bearing and drill, etiquette, history and orienteering, plus received military drill instruction. The cadets must pass Navy 4th Class Basic Swim qualification, and take a lesson at the Buttercup damage control trainer in Building 403.

For the field trip this year, the cadets visited historic sites of interest in Newport.

The highlight of the boot camp was on-the-water sail training in the Morale, Welfare and Recreation Sailing Center's fleet of Rhodes 19 sailboats at the NAVSTA Marina.

Retired Cmdr. Scott Ross Jr., officer-in-charge of the academy, is assisted by 21 cadet alumni aides, plus retired Navy, Marine Corps and Coast Guard officers and senior enlisted members, and five women chaperones.

"It's like an annual reunion for these retired military guys," Ross said. "They come back year after year. They love it."

He said the teens come from 54 high schools across the country, from as far as Michigan. After graduation they will return to the schools as junior and seniors to become commanding officers and executive officers of their NJROTC units.

"They are a very fit group," he said. "In the physical fitness test only one failed to finish the distance run, and seven failed in the minimum pushups and sit-ups."

In Building 1112, Marine

Corps Maj. Bill Grigonis of Southold High School on Long Island, N.Y., led a leadership class called, "Providing Effective Feedback to Subordinates and Seniors."



Cadet Jackie McLaughlin of North Rockland High School in Thiells, N.Y., swims the length of Pool 307.

"Basically, we emphasize good leadership traits, decision-making and ethics," he said.

Grigonis said he comes from a small, sheltered high school of about 300 students, but the cadets from some of the inner-city schools have some "eye-opening stories" to tell. Some of the violence and drug abuse they witness is astounding, he said.

Ross agreed. "There are 143 kids here, each with 143 stories to tell. Many face real family life challenges."

He pointed out one 16-year-old from New York who needs steady guidance.

"He's already enlisted in the Army under the delayed entry program," Ross said.

Area Four administration looks for students with potential leadership attributes, and then make selections for the program. To qualify, they must pass the same physical fitness test that the Navy requires. Tuition is \$200.

A core element to the leadership training is learning sailing skills and teamwork. Sail training director is Lt. Cmdr. Mark Dwinells of Bethel High School in Connecticut.

The sailing program applies the tools of leadership.

The crew of four has to work together to raise sails, set course, catch the wind and reach a destination. Only about 5 percent of the cadets have any prior experience with sailing, the instructors said.



## MWR stocks more for fun

TOP: Donnie Watkins, left, and Calvin Clement, Morale, Welfare and Recreation Department Maintenance, stack four new Old Town fiberglass canoes just before the grand opening of Outdoor Recreation Rental, Building 303, last Friday.

RIGHT: From left, Storekeeper 1st Class Javier Trevino, Hospital Corpsman 2nd Class Eduardo Colon, both attached to Navy Operational Support Center (NOSC); and Frank DeSouza of Public Works, help themselves to free hotdogs and hamburgers.

About 85 attended the grand opening.

Richard Alexander/U.S. Navy photo and Kelly Conner/MWR photo



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## Information, Tickets & Travel

### Military Day at Six Flags

Navy Region Northeast Morale, Welfare and Recreation (MWR) will sponsor Military Family Day on Saturday, Aug. 12, at Six Flags New England in Agawam, Mass. The cost per person is \$34, and children under 36 inches are free. Free transportation is provided with ticket purchase from Naval Station Newport on a "by reservation, first come, first serve" basis.

Ticket price includes all-day admission to Six Flags and Hurricane Harbor, free parking, all-you-can-eat catered meal served in a private pavilion and use of basketball, volleyball, corporate pool and playground. That's more than a \$45 savings!

Experience the thrill of two new rides: Cata-pult and Splashmaster Falls.

There are Dixieland Bands, more street shows, 25 new characters, family stations, park ambassadors, huge parades, fireworks and Justice League of America characters! For more information, call the ITT Office at 841-3116.

### ITT has your ticket

Information, Tickets and Travel has discount tickets to the following:

**At the Ryan Center, University of Rhode Island, Kingston:**

*The Wiggles* on Aug. 22 at 2:30 p.m. \$29.50 each

**At the Providence Performing Arts Center:**

*Mama Mia* on Sept. 24 at 1 p.m. \$24.50 each

*Beauty and the Beast* on Oct. 8 at 1 p.m.

\$49.50 each

*Movin' Out* on Dec. 3 at 6:30 p.m. \$54 each

*Wicked* on Jan. 14 at 1 p.m. \$72.50 each

*Wicked* on Jan. 20 at 2 p.m. \$72.50 each

**At Gillette Stadium, Foxboro, Mass.:**

The Rolling Stones on Sept. 20 at 7 p.m. \$155 pp (seats in section 110)

**Water/amusement parks:**

Tickets for all your favorite summer water and amusement parks in the region are now available at ITT:

Canobie Lake, N.H., \$23 (\$4 savings)

Six Flags New England, Agawam, Mass., day pass, \$32 (\$17.99 savings)

Water Country Portsmouth, N.H., \$24 (\$8 savings)

Lake Compounce, Bristol, Conn., \$26 (\$6.95 savings)

Water Wizz, Wareham, Mass., \$23 (\$5 savings)

Hershey Park, Hershey, Pa., adults: \$30 (\$11.95 savings), children/seniors (55 to 69): \$22 (\$2.95 savings) and seniors over 70: \$18

Sesame Place, Langhorne, Pa., one-day: \$38.75 (\$6.51 savings), Elmo two-day: \$44 (\$1.26 savings)

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## Leisure

### Special fitness activities

(Gym 109, 841-3154/FITNESS Plus, 841-1474)

**Register for intramural flag football:** Register today for intramural flag football and participate in a super season of friendly competition and fun! The league is open to active duty, retirees, reservists, dependents and Department of Defense civilians, age 18 and over. Games are played Monday through Thursday at Carr Point at 5:30 and 6:30 p.m.

The flag football season begins on Sept. 11. Teams may register at Gym 109, Monday

through Friday, 8 to 4 p.m. until Sept. 20. There is a \$15 fee for DoD civilians. There will be a coaches meeting on Aug. 22 at 4:30 p.m. at Gym 109. All teams are required to pay a (refundable) \$100 forfeit fee and must have matching shirts with numbers by the first game. For more information, call the Athletic Department at 841-7196.

**Tennis tournament:** MWR will sponsor an open tennis tournament on Aug. 14 to 25 on the Har Tru courts, located just inside Gate 1. The tournament is open to all active duty, retirees, reservists, adult family members (18 and over) and

DoD civilians.

The tournament is free for active duty, retirees, reservists, and family members and costs just \$5 for DoD civilians. The tournament will include men's and women's single and double pairings with single elimination.

Pre-registration is required by today and may be made at Gym 109, Monday to Friday. Additional tournament information will be given at the time of registration. For more information, call Marty Sullivan at 841-7196.

**Take a swing:** Morale, Welfare and Recreation has opened new batting/golf cages

at Fitness Plus, Building 355. You can improve your golf or baseball/softball swing indoors for very reasonable prices.

A bucket of 50 golf balls cost just \$2, and you can take up to 15 minutes to finish your practice or a special rate card 30 visits for \$40.

For just \$5 per half-hour you can use a baseball/softball cage to hit as many balls as you would like or a special rate card, 15 visits for \$60. Cages can be reserved by calling Fitness Plus at 841-1474. Walk-ins are welcome, but because of expected demand for the cages during peak times, reserva-

tions are encouraged.

For party rates call the athletic director's office at 841-7196. Current hours of operation are Monday through Friday from 5 a.m. to 7 p.m. Weekend hours will be added, based on customer use/demand.

**Get a massage:** Body-Wise Therapeutic Massage offers a variety of services at Gym 109.

Choose from Swedish relaxation massage, sports massage, trigger-tender point therapy, or deep tissue massage. Techniques may be combined to best suit your needs. A one-hour massage costs \$65, and a 30-minute session is \$35.



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## Sports

# 20 in Team Navy ride across Iowa

CORALVILLE, Iowa (NNS)—Twenty Navy riders, including six flag officers, last month participated in a bicycle ride across Iowa beginning in Sergeant Bluff, Iowa, and concluding alongside the banks of the Mississippi River in Muscatine, Iowa.

According to event organizers, Register's Annual Great Bicycle Ride Across Iowa (RAGBRAI) is the longest, largest and oldest touring bicycle ride in the world. The event began in 1973 and is a tour across the state with overnight stops in six Iowa towns.

"This is one of those lifetime events," said Rear Adm. Marshall Cusic, deputy surgeon, Commander, U.S. Pacific Fleet. "I've been wanting to do this for a long time. This is also an important recruiting and outreach tool for the Navy, especially here in the Midwest."

The cycling team for RAGBRAI was the brainchild of retired Cmdr. Timothy Hanson. Hanson rode RAGBRAI in 1999 as an individual and noticed the participation of "Team Air Force." It was then decided he wanted a "Team Navy" and in 2000, the Navy had its team.

"When people see the Team Navy jersey, they give a thumbs up and shout, 'Go Navy,'" said Chief Information Systems Technician Randy Waitz of Fleet Reconnaissance Squad 3 from Tinker Air Force Base in Oklahoma. "We've met a lot of people that are interested in what we do, and I really don't think you could find a state that is more supportive of the military than what I have seen here in Iowa."

On the road, Team Navy faced challenges as well as the hospitality and fellowship that have made RAGBRAI grow from an event that had 300 participants in the 1973 inaugural event to more than 20,000 for this year's ride.

"The first day was brutal," said Rear Adm. Ben Gaumer, associate deputy Chief, Bureau of Medicine and Surgery, Future Plans and Strategies. "It was almost all hills for 54 miles. We had 95-degree heat

and a head wind. The next day was 70 miles that was advertised as easy, but we still had hot temperatures and hills."

In spite of these challenges, the team saw what keeps people coming back.

"Every town has food stands, they have free water, there are people sitting in their yards in lawn chairs waving at us and welcoming us to their town," said Gaumer. "I am impressed by the gracious hospitality and the generous nature of the people of Iowa."



Lt. Marissa Pernisi/U.S. Navy photo

**STRIKE ONE**— Rear Adm. Roger Nolan, Commander, Navy Warfare Development Command, throws out the first pitch at Military Appreciation Night at the Newport Gulls' game at Cardines Field last month. Looking on are Chuck Paiva, left, Gulls general manager; and Navy Newport and Navy Reserve Sailors of the Year with their families, right. The Gulls post-season ended last weekend.

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## Meetings/Reunions

### Retired Enlisted to meet

The Retired Enlisted Association Narragansett Bay Chapter, will meet Saturday, Aug. 12, at 10 a.m., at the Middletown VFW Post.

Ginny Hanson, Director, R.I. Women Accepted for Volunteer Accepted Service (WAVES) National Unit 118, will speak on the United Veterans Council of Newport County, and the proposed Department of Veterans Affairs

For more information, call Robert Perrello at 846-3863.

### Ombudsmen to meet

The Naval Station Newport and tenant commands ombudsmen assembly will be Tuesday, Sept. 12, from 6 to 8 p.m. at the Fleet and Family Support Center.

### Health Care Council welcomes beneficiaries

Naval Health Care New England will be holding its quarterly Health Care Consumer Council (HCCC) meeting on Aug. 15 at 2 p.m.

The HCCC is a meeting open to beneficiaries and is an open forum to raise questions and/or concerns regarding the NHCNE medical facility. The HCCC is a great way to understand your health care system and have a potential impact.

Anticipated topics to be discussed at this meeting will be the temporary Dental Clinic facility and the IMR Clinic.

The meeting will be in the Command Conference Room, second floor of Building 43, NHCNE.

Anyone with questions may contact Ms. Linda Dokken at 841-2054 or [Linda.dokken@nhcne.med.navy.mil](mailto:Linda.dokken@nhcne.med.navy.mil)

### Foghorns Toastmasters sharpen public speaking

MIDDLETOWN—The Island Foghorns Toastmasters Club meets from 4:30 to 5:30 p.m., the first and third Thursday of the month, at the Middletown Public Library, 700 West Main Road.

Toastmasters International is a proven communication and leadership program. For more information about, contact Mary Ann Grota at 841-4196, [VPPR06@gmail.com](mailto:VPPR06@gmail.com), or Jan Wheeler, 849-3954, [vpofed.foghorns@gmail.net](mailto:vpofed.foghorns@gmail.net). You can also visit Toastmasters International at [www.toastmasters.org](http://www.toastmasters.org)

### USS Holland

The crewmembers of the USS Holland (AS-32) are planning their third reunion for July 20-23 in the Cincinnati area. If you served aboard the Holland, please contact Jose Garcia to get your name on the list.

He can be reached at 1313 East Plum St., Laredo, Texas 78040. Phone: (956) 791-2039; or email: [jgarcia0212@sbcglobal.net](mailto:jgarcia0212@sbcglobal.net)

### USS Capodanno


The fifth reunion of the officers and crew of the USS Capodanno (FF1093) will be Sept. 15-17, at the Ramada on the Beach in Virginia Beach, Va. Reservations should be made directly with the hotel at 800-888-4111 or 757-425-7800, and reference USS Capodanno Reunion.

The reunion cost is \$145 per person. For more information, contact David Campbell, administration officer, USS Capodanno Association, at 727-385-7121 or [www.usscapodanno.org](http://www.usscapodanno.org)

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# OIS Graduates

Continued from Page 5

Naval Hospital, CRTS 7 Aug, Great Lakes, Ill.

Ensign Colleen L. Fisher, NC, Naval Medical Center, Portsmouth, Va.

Lt. Barry D. Furman, MSC, Disease Vector Ecology and Control Center, Jacksonville, Fla.

Lt. Alvin G. Garcia, NC, Naval Medical Center, Portsmouth, Va.

Ensign Andrew R. Gates, Naval Nuclear Power Training Command, Charleston, S.C.

Ensign Drew D. Geller, MC, Lake Erie College of Osteopathic Medicine, Erie, Pa.

Lt. Cmdr. Jose E. Gomez, MC, Naval Hospital, Honshu, Yokosuka, Japan

Ensign Darcy R. Guericagoitia, NC, National Naval Medical Center, Beth Comfort Detachment, Bethesda, Md.

Ensign Justin B. Hefley, NC, Naval Hospital, Camp Pendleton, Calif.

Lt. Jayson H. Huber, DC, Marine Air Station, Yuma, Ariz.

Ensign Sarah M. Hughes,

NC, Naval Hospital, Camp Lejeune, NC

Ensign Tiffany L. Jobbagy, NC, Naval Medical Center, San Diego, Calif.

Ensign Anna Karlowicz, NC, National Naval Medical Center, Beth Comfort Detachment, Bethesda, Md.

Ensign Angela M. Kelly, NC, National Naval Medical Center, Beth Comfort Detachment, Bethesda, Md.

Ensign Laura B. Kingsbury, NC, Naval Medical Center, San Diego, Calif.

Lt. Robert J. Lacivita, MC, 2nd Marine Division, Camp Lejeune, NC

Ensign Karen K. Lindsay, NC, Naval Hospital, 3D FSSG Det, Camp Lejeune, N.C.

Ensign Liliana Lopez, NC, Naval Medical Center, Portsmouth, Va.

Ensign Jeremy T. Louk, DC, Tufts University School of Dental Medicine, Boston, Mass.

Lt. Sara E. Lund, MSC, National Naval Medical Center, Bethesda, Md.

Ensign Bencris C. Majam II, NC, Naval Hospital, Camp Pendleton, 1st Fleet Service Support Group Detachment, Camp Pendleton, Calif.

Lt. Steve Manzoni, DC, USS Kitty Hawk (CV 63), Yokosuka, Japan

Ensign Jubal L. Marlatt, NC, Naval Medical Center, 1st Fleet Service Support Group Detachment, San Diego, Calif.

Ensign Karen G. Mayr, MC, Georgetown University School of Medicine, Washington, D.C.

Ensign Robert G. McKee, DC, University of Pennsylvania, School of Dental Medicine, Philadelphia, Pa.

Ensign Larissa M. McKenzie, NC, Naval Medical Center, Portsmouth, Va.

Ensign Elaine P. Medley, NC, National Naval Medical Center, Beth Comfort Detachment, Bethesda, Md.

Ensign Adeleke O. Mowobi, MSC, National Naval Medical Center Training, Bethesda, Md.

Lt. Shannon K. Murphy, MSC, National Naval Medical Center, Bethesda, Md.

Lt. An Van Nguyen, DC, 23rd Dental Company, 1st Dental Company, 1st Fleet Service Support Group, Fleet Marine Force, Twentynine Palms, Calif.

Ensign Melody Ann O'Connor, NC, Naval Hospital, Camp Lejeune, NC

Lt. Alexis C. M. Olech, DC, Marine Corps Recruiting Depot, Parris Island, Beaufort, S.C.

Ensign Akinwale O. Onamade, MSC, National Naval Medical Center, Bethesda, Md.

Ensign Heather K. Ostmann, MC, University of Washington School of Medicine, Seattle, Wash.

Ensign Christopher Da Parks, DC, University of Buffalo, School of Medicine, Buffalo, N.Y.

Lt. Judd E. Partridge, DC, Marine Corps Recruiting Depot, Parris Island, Beaufort, S.C.

Ensign Katherine E. Potter,

NC, National Naval Medical Center, Bethesda, Md.

Lt. Angela M. Powell, MC, Naval Medical Center, San Diego, Calif.

Lt. Ian D. Powell, MC, Branch Medical Clinic, Quantico, Va.

Ensign Irene A. Reus Jr., NC, Naval Medical Center, USNS Mercy Detachment, San Diego, Calif.

Ensign Doris L. Richardson, NC, National Naval Medical Center, Bethesda, Md.

Ensign Kelly P. Ricketts, NC, Naval Medical Center, Portsmouth, Va.

Ensign Matthew S. Roberts, DC, Tufts University School of Dental Medicine, Boston, Mass.

Ensign Luis A. Rodriguez, NC, Naval Medical Center, San Diego, Calif.

Ensign Joseph I. Roman, NC, Naval Medical Center, San Diego, Calif.

Lt. Rebecca M. Ross, MC, Naval Aerospace Medical Institute, Pensacola, Fla.

OIS GRADUATES, Page 20

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# OIS Graduates

Continued from Page 19

Lt. Docile A. Saguan, MC, Naval Hospital, Pensacola, Fla.

Ensign Steven W. Saito, MC, University of Illinois at Chicago, College of Medicine, Chicago, Ill.

Ensign Gabriel F. Santiago, MC, New Jersey Medical School, Newark, N.J.

Lt. Jerome W. Sarver, DC, Marine Corps Recruiting Depot, Parris Island, Beaufort, S.C.

Lt. Blake W. Scott, DC, 23rd Dental Company Detachment 1st Dental Battalion, Camp Pendleton, Calif.

Ensign Dominique K. Selby, NC, Naval Medical Center, San Diego, Calif.

Ensign Sondra L. Severino, NC, Naval Medical Center, Fleet Hospital Jacksonville Detachment, Portsmouth, Va.

Lt. Tara M.T. Sexton, MC, Naval Medical Center, San Diego, Calif.

Lt. Darren A. Shiley, MC, 2nd Medical Battalion, 2nd Force

Service Support Group, Fleet Marine Force Atlantic, Camp Lejeune, N.C.

Lt. j.g. Rebecca L. Short, MSC, Naval Medical Center, Portsmouth, Va.

Ensign Latarya D. Smith, NC, National Naval Medical Center, Field Hospital, Camp Lejeune Detachment, Bethesda, Md.

Ensign Morgan A. Snyder, NC, Naval Medical Center, San Diego, Calif.

Ensign Jared M. Spilka, MC, Ensign Jack E. Springer, NC, Naval Hospital, Camp Pendleton, Calif.

Ensign Lonthol Srun, NC, Naval Medical Center, Portsmouth, Va.

Ensign Matthew T. Stepanovich, MC, Michigan State University, East Lansing, Mich.

Lt. j.g. Timothy R. Strickland, MSC, National Naval Medical Center, Bethesda, Md.

Ensign Laura A. Tate, NC,

National Naval Medical Center, Bethesda, Md.

Ensign Sarah J. Thompson, NC, Naval Medical Center, Fleet Hospital Jacksonville Detachment, Portsmouth, Va.

Lt. Donnyel T. Thornton, MC, 2nd Marine Aircraft Wing, Cherry Point, N.C.

Ensign Christine M. Trabachino, MC, Robert Wood Johnson Medical School, Piscataway, N.J.

Ensign Terry D. Vincent, NC, Naval Medical Center, USNS Mercy Detachment, San Diego, Calif.

Lt. Douglas A. Vonkaenel, DC, USS Harry S. Truman (CVN 75), Norfolk, Va.

Ensign Meghan L. Weaver, NC, National Naval Medical Center, Bethesda, Md.

Ensign James H. White, NC, Naval Medical Center, Portsmouth, Va.

Ensign Michael D. Williams, NC, National Naval Medical Center, Beth Comfort Detach-

ment, Bethesda, Md.

Ensign Jennifer L. Willis, NC, Naval Medical Center, Portsmouth, Va.

Ensign Justin D. Wilson, MC, Kansas City University of Medicine and Biosciences, Kansas City, Mo.

Ensign Lina M. Yecpot, NC, Naval Hospital, Camp Pendleton, 1st Fleet Service Support Group Detachment, Camp Pendleton, Calif.

## Diabetes

Continued from Page 3

healthy habits," said Lt. Cmdr. Cherylynn Lillvik of Health Promotion. A helpful website for those who would like to start setting exercise and dietary goals is [www.MyPyramid.gov](http://www.MyPyramid.gov)

For more information about diabetes, pre-diabetes or class information, contact the Health Promotion Department at 841- 6777/8.

# Chaplains

Continued from Page 2

Sailors to safety and tended to the wounded.

The Chaplains Basic course mission is to assist new chaplains to use their professional skills as clergy within the pluralistic context of the sea services, and to indoctrinate new chaplains in the military organization as junior officers.

Chaplain Jumper was ordained as a third-generation Presbyterian minister and installed as the first pastor of Diamondhead Community Church, a new church development on the Mississippi Gulf Coast, in 1982. He was commissioned that year as an ensign in the Navy Chaplain Corps' Theological Student Program, completing the Chaplain Basic Course and later the Chaplain Advanced Course at the former Naval Education and Training Center, Newport.

He and his wife, Ginger Lou Jumper, have seven children. The family lives in East Lyme, Conn.

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2 family-Each unit is 2 level, 3 bed & 1 bath. Many updates over past 3 years, new windows, freshly painted inside & out, refinished HW, new kitchens & new baths. Great rental history, quiet area, & separate util. 24 Hrs Notice-Offered @ \$484,900

### FENNER CONDOS



Studio-3 bed units completely renovated, new kit, baths, refinished/new hardwoods, new tile floors, freshly painted exterior & interior, new windows & roof, great landscaping. 2 OS, storage, private patios/unit! Offered \$199,900-\$349,900

### PRISTINE CONDO



Loft style 1 bed suite, expansive living room with fireplace and 12-foot ceiling, top of the line kitchen, open floor plan to say the least, possible seller financing! With close to 2000 sq. ft., could easily be made into 2 bed, 2 bath. Plus a great location - walk to everything! Offered @ \$499,000.

### MULTI FAMILY



3 family on Thames, 1st floor new kitchen & bath, high ceilings & fireplace, 2nd floor fireplace & freshly painted, 3rd floor new perggo throughout, great rental history, low maintenance, small yard, tenants pay all util. except water/sewer. 24 Hrs Notice-Offered @ \$599,000

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Wonderful condo alternative, rarely offered Fort Side Cottage available for purchase @ \$385,000! Adorable home located beside Historic Green End Fort, property was in the same family until 1997! 2 bed, 1.5 baths, deck, 2 Off St., some fresh water views of Green End Pond!

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Large unit w/close to 2000 sq ft of living space, 4 bed, will be 2 baths, townhouse style, on 3rd & 4th fl. of elegant new condo conversion. New ELK w/granite countertops & island, stainless appl., & cork fl. Beautiful refinished HW, laundry hook-ups, 2 Off St., storage unit, & intimate deck off loft bed w/spectacular harbor & bridge views. Offered @ \$499,900.

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Salve Regina University seeks qualified applicants for the following full-time positions:

### ALUMNI/PARENT PROGRAMS OFFICER

Assist with planning and execution of various alumni/parent/student-related events; serve as advisor to Student Alumni Association; develop and facilitate programming and communications focused on graduates of past decade; assist with maintenance/update of Alumni Office web page; assist with cultivation of alumni leaders nationally to establish an alumni and parent community; assist with maintaining successful alumni-related funding programs. Bachelor's degree required and previous alumni relations experience preferred. SRU graduate strongly preferred. Excellent organizational, oral and written communication skills required. Requires some travel, locally, regionally and/or nationally. Strong computer skills including knowledge of Microsoft Office and Internet required. Ability to work evenings and weekends necessary.

### FITNESS CENTER COORDINATOR

Assist Fitness Center Manager with daily operations of 5,000 square foot University fitness facility by providing day-to-day coverage of the fitness center, personal training services to staff and students, assisting with development of innovative programs to encourage the use of the fitness center and summer performance training programs, providing coverage and support to summer conferences, and all Athletic Teams. Also provide maintenance to fitness center equipment. Bachelor's degree in Physical Education or related field required. Certification by nationally recognized health organization (NSCA, ACSM) required; NSCA CSCS preferred (which includes CPR, First Aid Certification). Ability to work with diverse age groups. Flexible hours required - including weekends and nights.

Additional job qualifications and responsibilities posted online at [www.salve.edu](http://www.salve.edu). All positions available until filled. Salve Regina University offers generous benefits to eligible employees including: health and dental coverage, life insurance, long-term disability, 403B plan, tuition benefits and more. Send, fax (401-341-2921) or email resumes ([resumes@salve.edu](mailto:resumes@salve.edu)) with application (available on line) to: Director of Human Resources, Salve Regina University, 100 Ochre Point Ave, Newport, RI 02840-4192. Minorities are encouraged to apply. Information on the University's Affirmative Action Policies and Procedures can be obtained in the Human Resources Office. Pre-employment background checks are required of successful candidates.

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Salve Regina University seeks qualified applicants for the following full-time positions:

### PC LAB AND LIBRARY SUPPORT TECHNICIAN

Responsible for preparation of the PC Lab computers located throughout campus and in library. Uses PC computer images and software to update, maintain, and service PCs. Assistance with peripheral items including printers, scanners, DVD/CD drives, cabling, and set-up required. Knowledge in multimedia applications, including video and sound, editing and production required. Bachelor's degree preferred, primarily in Information Systems or technology field. Experience in latest Windows operating systems and Symantec Ghost, Adobe, Macromedia, and Microsoft software required. Knowledge of PC integration in client/server environment.

### NETWORK INFRASTRUCTURE SPECIALIST

Responsible for assisting with design, implementation, support, and documentation of University LAN, WAN, and telecommunications infrastructure. Will be heavily involved with existing voice technologies and replacement of technologies with IP based systems. Requires basic skills in support of network switching, routing, and server technology. Associate's degree in Information Systems Science, Computer Science, or related field; or equivalent working knowledge of network cable infrastructure and technologies required. Preferred cabling, fiber-optic, or Telecommunications certification. At least three years experience in structured network technologies related field with experience in TCP/IP and switching and routing technologies.

Additional job qualifications and responsibilities posted online at [www.salve.edu](http://www.salve.edu). All positions available until filled. Salve Regina University offers generous benefits to eligible employees including: health and dental coverage, life insurance, long-term disability, 403B plan, tuition benefits and more. Send, fax (401-341-2921) or email resumes ([resumes@salve.edu](mailto:resumes@salve.edu)) with application (available on line) to: Director of Human Resources, Salve Regina University, 100 Ochre Point Ave, Newport, RI 02840-4192. Minorities are encouraged to apply. Information on the University's Affirmative Action Policies and Procedures can be obtained in the Human Resources Office. Pre-employment background checks are required of successful candidates.

## 10 - Help Wa

**HUMAN SERVICE POSITIONS:** Immediate openings in our Day Program working with adults with developmental disabilities. De and non-degree positions available in ei Middletown or Bristol 8:00 am-4:00 pm, Mon-Fri. Excellent benefit package. Send resume to Asst. Exec Dir: James L. Maher Center, PO Box 4390, Middletown, RI 02842, e-mail [barbaras@mahercenter.org](mailto:barbaras@mahercenter.org) or fax to 401-89459. EOE M/F, D/V

## The Newport Daily News DELIVERS



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## 10 - Help Wa

### NEWSROOM ASSISTANT

The Newport Daily News is seeking a full-time newsroom assistant. Candidate must enjoy working with the public, person and on the phone, and be able to handle the environment of a busy newsroom.

Responsibilities include handling mail, faxes and e-mails and distributing them the appropriate station, entering and editing press releases and other community announcements and coordinating the photos that often accompany them, and updating a daily calendar of events. The position also requires some work with police arrest reports. Computer and typing skills are necessary. Knowledge of Microsoft Word is plus and journalism training and/or newsroom experience would be ideal. Willingness to learn new things and handle multiple tasks is essential. Good grammar and spelling skills are important, and knowledge of Associated Press style preferred.

The 38-hour-per-week position offers competitive salary and benefits. Send a cover letter, resume and any writing samples to:

Frank Carini  
City Editor  
The Newport Daily News  
P.O. Box 420  
Newport, RI 02840  
or to  
[CityDesk@NewportRI.com](mailto:CityDesk@NewportRI.com)



Salve Regina University, a leader among small Catholic institutions of higher education, located in the historic Ochre Point district of Newport, RI, is seeking qualified applicants for the following Assistant Coaching positions:

- ASSISTANT SOFTBALL COACH**
- ASSISTANT WOMEN'S SOCCER COACH**
- ASSISTANT FIELD HOCKEY COACH**
- ASSISTANT WOMEN'S ICE HOCKEY COACH**
- ASSISTANT MEN'S BASKETBALL COACH**

For information regarding job qualifications and responsibilities please contact Del Malloy in the Athletics Office or visit our website at [www.salve.edu](http://www.salve.edu). All positions available until filled. Send, fax (401-341-2921) or email resumes ([resumes@salve.edu](mailto:resumes@salve.edu)) with application (available on line) to: Director of Human Resources, Salve Regina University, 100 Ochre Point Ave, Newport, RI 02840-4192. Minorities are encouraged to apply. Information on the University's Affirmative Action Policies and Procedures can be obtained in the Human Resources Office. Pre-employment background checks are required of successful candidates.

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B & B ASSISTANT: Part-time. Exp. and ref. required. Non-smokers preferred 848-5858

DIETARY AIDE: Full & part time postions. I sponsible applicant apply at New Care 401-849-4463.

HUMAN SERVICES: Support Staff needed t work with adults wi Developmental Disabil- ities in the Newport a Jamestown area. No experience needed, wi train qualified indivi- als for late aftern evening and overnigh positions. Call Bren at 846-4600 or e-mail brendad@mahercenter.org EOE M/F, D/V

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FOR SALE: Ladies pocket watach solid 18k yellow gol 17 Jewel Swiss move- ment made by the fa- mous Tiffany & Co. Tanzanite round 3 stone ladies ring 3 stng approximately 4 points per stone, Tan- zanite earrings 1k as pendant 3 round stone bezel set 3/4 lk. All items 14k wh gold. One walrus tusk, 25 in long, hippo tusk 23 in long, 1 warthog tus 12 in. long. Roll top desk belong ing to the famous sculptor Feliz de We don from Newport, RI This desk came out of his art studio wh he created over 1200 sculptures worldwide including the 3 Ma- rines raising the f on Iwo Jima. This an historical antiqu Oak cabinets for on kitchen, gas stove matching microwave and dishwasher, Al Pro Series. One May- tag fridge side side with ice & wat in door. Low profil toilet, oak bathroo vanity and medicine cabinet. For details, please c 401-932-1355 or 401-595-4010.

STEEL PALLET RACKS, heavy duty. 15' high, wide, 42" deep. 3 row 42' long, 50' & 5 Sold in rows. \$60 ea for upright, \$20 ea. 8' crossbeam or \$3500 for all. Buyer mu remove. Like new. 508-961-2896.

## 530 - Househol

A NEW QUEEN orthope- dic mattress/box : plastic. Sell \$150, deliver. 401-413-3015.

ANTIQUE MAHOGANY drop leaf dining rm. ble; 3 windsor chair \$350. 293-0846.

COUCH: A new sofa & loveseat. Still in pl Never used. Sell \$570. Can deliver. 413-3015.

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## 10 - Help Wa

## 530 - Househol

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MATUNUCK: Yearly, Ma- ture female wanted t share spacious furr home. No smoking/pets. Refs. \$800 incl. ut Avail. Sept. Dennis I Grass, Wallander Realt 401-364-3616

ROOM in private home, Newport. Long term. Kitchen privileges, ba- yard. No smoking, chil & cat in house. \$51 848-9987.

## 700 - Rooms f

OVERLOOKING EAST- ON'S BEACH. Briar- wood Ave. Single per- son only. All uti Shared kitchen & bat 3rd. fl., off st. pa coin-op laundry, n pets. \$650/mo. Securi deposit & Refs. re long term only. 864-270

## 710 - Unfurn. 2

1 AWESOME APT. 2 or 3 bd rms., 1 bath, har wood flrs., dishwashe washer/dryer, deck Clean & spacious. \$1,150+. Call 837-0554

1 BDRM., 3RD. FLR. Briarwood Ave., 3rd f off st. parking, coi laundry. \$900/mo. hea & hot water incl., se rity deposit & bac ground check required 864-2700.

1 BDRM., lge., hard woods, dishwasher, gas heat. Quiet, off K \$850+. 846-3989.

2 BDRM. COLONIAL apt. 1 block from king, wide board fl fireplace. \$950+. 84 0825 or 662-0333.

2 BDRM., renovated. Hardwoods, yard, ga- rage, laundry. \$1,200- Edith, Remax 848-6750.

2 BDRM.- SEE SUNSETS balcony, air, laund pool & fitness cent. \$1,110 incl. heat & water. Portsmouth. 845 1100. Sorry no pets.

2 BDRM.- SERENE Pond view, balcony, air, 1 dry, pool & fitne center. \$1,080+ uti Portsmouth. 849-1100.

2+ BDRM.: Newport, Point. 2 baths. Sky parking, laundry, priv near base. Avail. n \$1,450. 617-966-6761

## 710 - Unfurn. 2

2 BDRM.: PRIVATE DECK, w/d hookups, walk to all. Non smo ing, pets neg. 682-297

3 BDRM. Kay/Catherine area. Heat & water in \$1,200/mo. 848-7413.

3 BDRM. townhouse, Newport. Hardwoods, laundry, yard. \$1500+ Edie, Remax 848-6750.

4 BDRM., 2 BATH: Fifth Ward. Avail Sept. \$1,900/mo. Chad @ Keller-Williams, 474-56

5TH WARD. 3 bdrm., deck, yard. Evelyn, F nn RE, 662-9013.

AVAIL. 8/1 1 bdrm. apt in Portsmouth. \$795 incl. heat. Call 846-8

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PORTSMOUTH: Victori- an 1 bdrm., countr setting. First fl., S \$800/+ mo. 682-1144.

## 720- Furnished 2

2 BDRM., 1 bath. Beau- tiful country sett. Immaculate. Washer/ dryer. \$900+. 846-8643

## 725 - Condos

PINE LODGE 32 Cathe- rine St. 1st flr. 1 & loft, all mohoga flrs., new kitchen, private porch, laund storage, hi-speed int net & cable. A mus see! Non smokers. Small pets considered \$1500+ Call 847-9890.

## 730 - Houses

2 BDRM., Middletown. Updated, fireplace, pa- ing, yard. Furn. \$1400 Remax, Edith 848-6750.

2 BDRM.: Portsmouth, garage, yard. \$1,400+ Agent/owner, Chad @ Keller William 401-474-5669.

3 BDRM., 2-1/2 baths Hardwoods, yard. Al amenities. \$2100+. Edith, Remax 848-6750.

PORTSMOUTH: Elmhurst School district. 3 bdr garage, yard maintaine d. No pets/ smoking \$1,250+. 683-0060.

PORTSMOUTH: Elmhurst School district. 3 bdr 2 baths, 2 fireplac Hardwoods, garage, lge. yard maintained l owner. Avail. Auc \$2,000+ utils. 623-150 or 683-1968.

## 730 - Houses

MIDDLETOWN: 5 bdrm., 2 baths, dining r yard. \$2,000+ 849-0464

STOP! 2 BDRM. Colonial house, fireplace, wi board floors, 1-1/2 ba w/d hookups, dishwash- er, post & beam ceilin off st. parking. Kay/ herine St. area. \$1,3 +. 846-0825, 662-0333.

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\$150/WK. RENTS LGE. furn. rm. w/kitchen p ilages, centrally loca walk to everything. 8/ 0825 or 662-0333.

## 741 - Winter

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NEAR BEACH Middle- town Furn. 4+ bd rms. Sept.-May. \$1300+ neg. 5 0 8 - 5 7 2 - 1 4 7 4 or 401-841-5014

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NEWPORT, Open House Sunday, 12-3pm. New construction, fro \$298,000. 231 Maple Avenue. Nunes Realty. 847-4800 ext. 8. www.condosnewport.com.

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EAST TIVERTON, RI. Spacious and bright bdrm. ranch near a. conveniences & schools. Easy commute! Many new updates incl. 2 windows and lower level family room. \$324,900. Spinnaker RE, 401-635-2300.

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TIVERTON, RI. Water, water, everywhere Steps to the beach, bdrm., 1 bath, yr. ro cottage. Foglan Beach/High Hill are \$305,000. Spinnaker RE, 401-639-4348. spinnakerre.com

## 902 - Motorc

YAMAHA CHAPPY LB50 1978: Red, 50cc, onl 1290 mi. Great on gas excellent cond. \$1000 Call Mike, 835-5651.

## 905 - Trucks &

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FORD F150 4X4 1989 Inspected, runs good \$1600/best. 633-2058

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BOAT 1986 IMP Liberty 27' Good condition Sleeps 4, All it need bottom painted, was \$6,500. Now \$5,000 firm. Call Ted 508-64 9578, 508-672-0801.

VAN GUARD ZUMA 1991: W/dolly, use twice, very good conc \$1100. 683-5842.

## 915 - Autos f



CHEVY TAHOE Z71 2000. 97,500 mi. Sea warmers, rear suspens ion, AM/FM/CD, leather \$8,500. Call 662-6305.

CHEVY VENTURE MINI VAN '98: 7 pass., 2 ways garaged, runs/lc oks excellent, auto power. \$3,500. 849-2967

CHRYSLER SEBRING 1997 48,000 miles \$4,500 401-855-0126.

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JEEP WRANGLER: 95, needs work. \$1,000/best Inspected. 847-3262.

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